



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09118, Grapefruit, raw, white, Florida

Report Date: June 30, 2017 10:30 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:51% Refuse Description: Peel, seeds, core, and membrane

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Proximates						
Water	g	90.76	16	0.045	208.75	107.10
Energy	kcal	32	--	--	74	38
Energy	kJ	134	--	--	308	158
Protein	g	0.63	16	0.017	1.45	0.74
Total lipid (fat)	g	0.10	--	--	0.23	0.12
Ash	g	0.32	16	0.010	0.74	0.38
Carbohydrate, by difference	g	8.19	--	--	18.84	9.66
Minerals						
Calcium, Ca	mg	15	--	--	34	18
Iron, Fe	mg	0.05	16	0.004	0.12	0.06
Magnesium, Mg	mg	9	16	0.400	21	11
Phosphorus, P	mg	7	16	0.400	16	8
Potassium, K	mg	150	8	2.475	345	177
Sodium, Na	mg	0	8	0.039	0	0
Zinc, Zn	mg	0.07	--	--	0.16	0.08
Copper, Cu	mg	0.056	16	0.004	0.129	0.066
Manganese, Mn	mg	0.011	16	0.001	0.025	0.013
Vitamins						
Vitamin C, total ascorbic acid	mg	37.0	--	--	85.1	43.7
Thiamin	mg	0.040	--	--	0.092	0.047
Riboflavin	mg	0.020	--	--	0.046	0.024

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Niacin	mg	0.200	--	--	0.460	0.236
Pantothenic acid	mg	0.283	--	--	0.651	0.334
Vitamin B-6	mg	0.043	--	--	0.099	0.051
Folate, total	μg	9	3	1.051	21	11
Folic acid	μg	0	--	--	0	0
Folate, food	μg	9	3	1.051	21	11
Folate, DFE	μg	9	--	--	21	11
Vitamin B-12	μg	0.00	--	--	0.00	0.00
Vitamin A, RAE	μg	0	--	--	0	0
Retinol	μg	0	--	--	0	0
Vitamin A, IU	IU	10	--	--	23	12
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Lipids						
Fatty acids, total saturated	g	0.014	--	--	0.032	0.017
16:0	g	0.012	--	--	0.028	0.014
18:0	g	0.001	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.013	--	--	0.030	0.015
16:1 undifferentiated	g	0.001	--	--	0.002	0.001
18:1 undifferentiated	g	0.012	--	--	0.028	0.014
Fatty acids, total polyunsaturated	g	0.024	--	--	0.055	0.028
18:2 undifferentiated	g	0.019	--	--	0.044	0.022
18:3 undifferentiated	g	0.005	--	--	0.012	0.006
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan ^{1 2}	g	0.006	--	--	0.014	0.007
Threonine ^{1 2}	g	0.011	--	--	0.025	0.013
Isoleucine ^{1 2}	g	0.007	--	--	0.016	0.008
Leucine ^{1 2}	g	0.012	--	--	0.028	0.014
Lysine ^{1 2}	g	0.016	--	--	0.037	0.019
Methionine ^{1 2}	g	0.006	--	--	0.014	0.007
Cystine ^{1 2}	g	0.006	--	--	0.014	0.007

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup sections, with juice 230g	0.5 fruit (3-3/4" dia) 118g
Phenylalanine ^{1 2}	g	0.038	--	--	0.087	0.045
Tyrosine ^{1 2}	g	0.006	--	--	0.014	0.007
Valine ^{1 2}	g	0.012	--	--	0.028	0.014
Arginine ^{1 2}	g	0.070	--	--	0.161	0.083
Histidine ^{1 2}	g	0.006	--	--	0.014	0.007
Alanine ^{1 2}	g	0.020	--	--	0.046	0.024
Aspartic acid ^{1 2}	g	0.111	--	--	0.255	0.131
Glutamic acid ^{1 2}	g	0.160	--	--	0.368	0.189
Glycine ^{1 2}	g	0.012	--	--	0.028	0.014
Proline ^{1 2}	g	0.051	--	--	0.117	0.060
Serine ^{1 2}	g	0.022	--	--	0.051	0.026

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD